

DAY 10~~REGULAR DIET
*REGULAR PORTIONS ()
SMALL PORTIONS ()
LARGE PORTIONS ()

FRUITS AND JUICES
() *1/2 Banana () Orange Juice
() Tomato Juice () Cranberry Juice
() Grape Juice () Pineapple Juice
() Apple Juice () Prune Juice
() Cranapple Juice () V-8 Juice

CEREALS
() *Shredded Mini Wheat
() Bran Flakes () Corn Flakes
() Cheerios () Oatmeal
() Cream of Wheat () Wheaties
() ½ & ½ () Frosted Flakes

ENTREES
() *Belgian Waffle () *Crisp Bacon
W/Strawberries & Whipped Topping
() Egg Beaters () Cottage Cheese
() Peanut Butter () Yogurt W/Fruit

BREAKFAST BREADS
() Buttered White Toast
() Buttered Whole Wheat Toast
() Buttered Raisin Toast
() Toasted Bagel with Cream Cheese
() Toasted English Muffin
() Assorted Danish

BEVERAGES/CONDIMENTS
() *Coffee () Hot Chocolate
() Decaf Coffee () Creamer
() Hot Tea () Non-Dairy Creamer
() Herbal Tea () Lemon
() Whole Milk () *Margarine
() *2% Milk () Jelly
() Skim Milk () Honey
() *Sugar (2) () Syrup
() Mrs. Dash () Sugar Substitute
() *Pepper () *Salt

DAY 10~~REGULAR DIET
*REGULAR PORTIONS ()
SMALL PORTIONS ()
LARGE PORTIONS ()

APPETIZER/SALAD
() *Waldorf Salad in Leaf Lettuce
() Tossed Salad
() Ranch Dressing () French
() Thousand Island () Italian Dressing
() Captains Corn Chowder with Oyster Crackers

ENTREES / STARCH
() *Meat Loaf in Gravy
() Bacon, Lettuce & Tomato Sandwich

VEGETABLE / STARCH
() *Baked Potato W/Butter & Sour Cream
() *Broccoli Spears
() Corn

BREADS
() *White Dinner Roll
() Whole Wheat Dinner Roll
() Wheat Bread

DESSERTS
() *Frozen Raspberry Yogurt
() Vanilla Ice Cream cup
() Cream D’ Menthe Sherbet

BEVERAGES / CONDIMENTS
() Coffee () Decaf Coffee
() Hot Chocolate () Ice Tea
() *Hot Tea () Creamer
() Herbal Tea () Non-Dairy Creamer
() Whole Milk () Lemon
() *2% Milk () *Margarine
() Skim Milk () Jelly
() *Sugar (2) () Honey
() Mrs. Dash () Sugar Substitute
() *Pepper () *Salt

DAY 10~~REGULAR DIET
*REGULAR PORTIONS ()
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APPETIZER /SALAD
() *Fresh Fruit Cup
() Tossed Salad
() Ranch Dressing () French
() Thousand Island () Italian Dressing
() Assorted Jell-O Cubes
() Cream of Chicken Soup W/ Oyster Crackers

ENTREES / STARCH
() *Rice Stuffed Salmon Crowns W/Alfredo Sauce
() Green Pepper Steak Over Rice

VEGETABLE
() *Carrot Coins
() Broccoli Spears

BREADS
() *White Dinner Roll
() Whole Wheat Dinner Roll
() Wheat Bread

DESSERTS
() *Rainbow Sherbet
() Vanilla Ice Cream Cup
() Fresh Fruit in Season

BEVERAGES / CONDIMENTS
() Coffee () Decaf Coffee
() Hot Chocolate () Ice Tea
() *Hot Tea () Creamer
() Herbal Tea () Non-Dairy Creamer
() Whole Milk () Lemon
() *2% Milk () *Margarine
() Skim Milk () Jelly
() *Sugar (2) () Honey
() Mrs. Dash () Sugar Substitute
() *Pepper () *Salt